



WINTER WEATHER

WHAT TO DO IF YOU'RE TRAPPED IN A CAR DURING A BLIZZARD OR WINTER SNOWSTORM

Stay in the car.

Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.

A blizzard warning means that large amounts of falling or blowing snow and sustained winds

Display a trouble sign.

Hang a brightly colored cloth on the radio antenna and raise the hood.

Occasionally run the engine to keep warm.

Beware of carbon monoxide poisoning.

Turn on the car engine for about 10 minutes every hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running. Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation. Carbon monoxide can build up inside a standing vehicle while the engine is running, even if the exhaust pipe is clear. Experience has shown that running the heater for 10 minutes every hour is enough to keep occupants warm and will reduce the risk of carbon monoxide poisoning and conserve fuel.

Do minor exercises to keep up circulation.

Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping. One of the first signs of hypothermia is sleepiness. If you are not awakened periodically to increase body temperature and circulation, you can freeze to death. Huddle together for warmth.

Use newspapers, maps, and even the removable car mats for added insulation.

Layering items will help trap more body heat.

Keep a car window that is away from the blowing wind slightly open to let in air.

Watch for signs of hypothermia and frostbite.

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.

Hypothermia is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure. Put the person in dry clothing and wrap them in a blanket. Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperature.

Avoid overexertion.

Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration. To avoid dehydration drink fluids. If snow must be used for water melt the snow before drinking it. Eating snow lowers your body temperature, increasing the risk of hypothermia.

After the winter storm...

- Continue to monitor you weather radio, AM/FM radio or TV for updated information and instructions.
- Avoid traveling until conditions have improved.
- Avoid overexertion.